



## Iced Green Tea



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



6

CALORIES



56 kcal

BEVERAGE

DRINK

## Ingredients



0.5 cup no-calorie sweetener



8 regular-size tea bags green



2 cups water cold



4 cups water boiling

## Equipment

## Directions

- ☐
- Pour 4 cups boiling water over tea bags; cover and steep 5 minutes.
- ☐
- Remove tea bags from water, squeezing gently. Stir in 2 cups cold water and sweetener, stirring until sweetener dissolves.
- ☐
- Serve over ice.
- ☐
- Note: For testing purposes only, we used Celestial Seasonings Green Tea and Splenda for no-calorie sweetener.

## Nutrition Facts



## Properties

Glycemic Index:8.33, Glycemic Load:7.6, Inflammation Score:0, Nutrition Score:0.14652173626034%

## Nutrients (% of daily need)

Calories: 56kcal (2.8%), Fat: 0g (0%), Saturated Fat: 0g (0%), Carbohydrates: 15.2g (5.07%), Net Carbohydrates: 15.2g (5.53%), Sugar: 13.38g (14.87%), Cholesterol: 0mg (0%), Sodium: 11.83mg (0.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0g (0%), Copper: 0.04mg (1.89%)